



Meal Deals

Meal deals are a great way to add variety and interest to your canteen menu. Many schools use meal deals to offer special dishes that are not on the regular canteen menu or to market new menu items.

Food and drinks that are categorised as **GREEN** should be the focus of any meal deal. To meet the canteen accreditation programs criteria, a meal deal should contain:

- A **GREEN** main meal
- No **RED** food or drinks
- No more than one **AMBER** food or drink.

This week's meal deal

Canteen made pizza



+

Corn on the cob



+

Milkshake



Here are some example meal deals that meet the canteen accreditation programs criteria to help get you started:

Main meal	Side dish or snack	Drink
Canteen made pizza with roast chicken, pineapple, reduced fat cheese and BBQ sauce	Corn on the cob	Reduced fat flavoured milk
Lean ham and salad sandwich with lettuce, carrot and beetroot	Canteen made blueberry muffin*	Reduced fat plain milk cup
Jacket potato topped with baked beans and reduced fat cheese	Reduced fat yoghurt tube	99% fruit juice (250ml)
Fish wrap with a fish burger*, coleslaw, pineapple and cucumber	Hashbrown*	Canteen made milkshake with reduced fat milk and topping
Sweet chilli chicken wrap with a chicken tender*, cheese, lettuce, tomato, carrot and sweet chilli sauce	Sultana pikelets	Hot chocolate made with reduced fat milk
Canteen made fried rice with lean ham, egg and at least 3 vegetables (eg corn, peas, capsicum)	Reduced fat vanilla yoghurt topped with berries	Water
Canteen made Mexican burrito with beef mince and vegetables wrapped in a tortilla with salsa and cheese		99% fruit juice (250mL)
Canteen made spaghetti bolognese with lean mince, vegetables and tomato pasta sauce	Fruit salad tub	
Canteen made pumpkin soup served with a dinner roll		Reduced fat plain milk cup
Sushi rolls	Reduced fat cheese and rice crackers	99% fruit juice (250mL)
Hot roast chicken roll with gravy	Piece fruit	Reduced fat flavoured milk

*commercial products and recipes for canteen made dishes need to meet the canteen accreditation programs nutrition criteria